**Mental Health Champion – what you could include in a role description**

You may want to create a role description for Mental Health Champions within your organisation. Below are some questions to help you think through what you’d like to include. You can also see the role description for Blue Light Champions as part of the Blue Light Programme.

**Why do we need Mental Health Champions?**

* In this section you may wish to set out why you feel Mental Health Champions are important and needed in general and specific to your organisation. You may wish to include some research from the Blue Light Programme that can be found at mind.org.uk/bluelightresearch

**What do Mental Health Champions do?**

* In this section you may wish to set out what Champions do within your organisation, such as having conversations about mental health, presenting at events and training or blogging. Be as clear as possible so Champions know what is expected of them, however, please feel free to adapt the Champion role to fit the environment or need of your organisation.
* This could be a good place to also explain what Champions are not expected to do, such as give advice or be counsellors.

**Who can become a Mental Health Champion?**

* In this section you may wish to set out if the role is open to everyone and what makes a good Champion; such as communication skills, advocacy skills, and organisational skills. You can get more ideas from our Blue Print Pack found at mind.org.uk/bluelight on page 14.

**What is the time commitment?**

* In this section you can set out the time commitment expected from Champions, how flexible this is, if there is a minimum time commitment you are seeking from Champions per month, and if individuals can be given dedicated time at work or need to volunteer their own time as a Champion.

**What support can Champions expect?**

* This is a great place to explain what support Champions can expect from your organisation such as training, meetings, newsletters or links to occupational health etc. In addition to this you might want to signpost to external support such as the Blue Light Infoline.

**How to become a Mental Health Champion**

* Add here how individuals can apply to become Champions and what the process is. You may want to check out our template Champions application form and see if you’d like to use that.

**Have questions? Take a look at our webpage at mind.org.uk/bluelight**